

Bangalore Mirror

ON SATURDAY

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For the first time, street dancers from 15 countries, in addition to one woman from the Refugee Olympic Team, will be competing for gold, silver and bronze, as breaking makes its debut at the 2024 Paris Olympics.

The sport has come a long way from its origins in the Bronx. But the body-contorting, mind-boggling moves that once could be seen only at playgrounds and block parties will now dazzle billions of viewers around the world.

If you're watching breaking for the first time, you might find yourself stunned that humans can even perform these moves without getting hurt.

As a former dancer, current performing arts physical therapist and biomechanics researcher, I study how dancers twist and bend their bodies in unexpected ways. I train them so that they can safely perform, even as they push their bodies to extremes.

Breakdancers – also known as B-boys, B-girls or breakers – don't just need to concoct creative moves. They have to develop incredible strength and body control to pull them off – perhaps none more daunting than the headspin.

Nothing routine about breaking

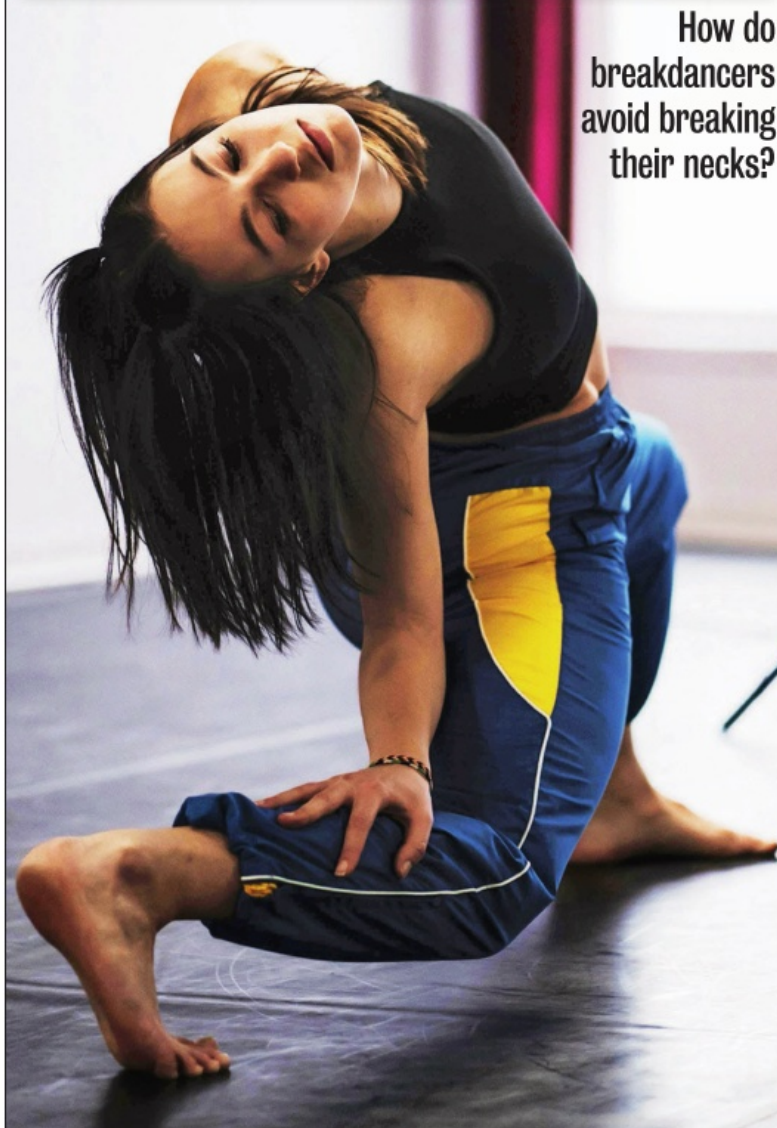
Breaking is a form of street dance that developed in the 1960s and 1970s, drawing from hip-hop, martial arts and gymnastics.

At the Olympics, two athletes at a time will compete in improvised battles, in which competitors take turns trying to one-up each other with their best moves and style.

A panel of judges scores the dancers based on five criteria: originality, technique, musicality, execution and vocabulary, which refers to the range of moves deployed. It's somewhat similar to how gymnastics or figure skating are scored, but because of the back-and-forth between the two competitors, breaking involves far more improvisation.

Battles force the athletes to be extremely versatile; they must respond to their competitors, which means that those who have the most robust and varied training protocols are most likely to score

BEND IT LIKE BREAKERS



How do breakdancers avoid breaking their necks?

the most points and walk away uninjured.

The headspin, in particular, requires powerfully built neck muscles – and might leave some spectators scratching their heads. How can breakers spin on their

skulls – supporting the weight of their bodies – without snapping their necks?

The biomechanics of the headspin

While there isn't a lot of research

on the specific mechanics of headspins, a spinning top can help explain how this amazing move is pulled off.

A spinning object maintains its state of rotation due to what's known as the conservation of angular momentum. When the object spins about a vertical axis, gravity does not act to slow it down or cause it to topple. It is only when friction slows the rotation, or the object starts to wobble, that gravity finishes that job and causes it to fall.

So, to perform a headspin, breakers must ensure they're spinning fast enough – and ensure their torsos are rigid enough. Maintaining a uniform spin requires stacking the torso as vertically as possible on top of the head and stiffening the neck muscles to support it – all while limiting any bend or strain of the neck.

Breakers can modulate the speed of the spin by bringing their arms and legs closer in or farther away from the rotational axis. They can also stop, start or speed up by pumping their arms.

As a breaker spins, the rotational forces can actually reduce the downward pressure on the head. There can even be some sliding and shifting across the floor via the head.

Elite B-boys and B-girls make headspinning look easy, but it puts a lot of load on the neck and can risk serious injuries.

One study showed that while breakers didn't have more neck flexibility than nonbreakers, they did have significantly more neck strength in all neck motions and in holding the neutral position, which is critical for achieving a headspin. Another study showed that nearly half of all breakers report neck pain and strains.

There's even a term for a spinal cord injury caused by extreme strain on the neck from breaking that was first described in the New England Journal of Medicine in 1985 called "break-dancing neck."

So, to all those competing on the world stage for the first time, break a leg – just don't break a neck.

(By Aliza Rudavsky, Penn State, The Conversation)



All you need to know about...

Diet for stress

Go Mediterranean

If you are under high stress, following a Mediterranean diet -- rich in fruits and veggies, nuts and legumes -- may help, according to a research.

The research by a team from Binghamton University, State University of New York compared the Mediterranean diet versus the traditional Western diet to understand how diet influences stress.

Tracking stress

Stress can be a precursor to mental distress, said Lina Begdache, Associate Professor of health and wellness studies, adding that the findings show people can lower their perception of how much stress they can tolerate by following a Mediterranean diet.

Negative components

Begdache said the study, published in Nutrition and Health, "demonstrated that the Mediterranean diet lowers mental distress". It "may be associated with a decrease in the negative components of perceived stress and an improvement in its positive attributes."

Healthy fats

The Mediterranean diet is plant-based with healthy fats. It is rich in wholegrains, vegetables, fruit, legumes, nuts, and extra virgin olive oil; moderate in fish/shellfish; low to moderate in wine; and low in red/processed meats, dairy products, animal fat, and processed foods. In direct contrast, the Western diet is known for its high concentration of high-glycemic and low-quality processed foods.

Physical health

In addition to mental health risk, western diet -- rich in high sugar, salt and fat -- is also known for its bad effects on health. Research has shown it to contribute to the globally rising risk of non-communicable diseases like obesity, diabetes, hypertension and cancers. A recent study, published in the journal Heart, showed the association between a Mediterranean diet and incident risk of cardiovascular disease CVD and death. — IANS

MIRRORLIGHTS

New MRI technique may better predict fatigue, headaches in concussion patients

Offering concussion patients a brain scan known as diffusion tensor imaging (DTI) MRI could help identify those at risk of experiencing long-term, life-changing symptoms like fatigue, memory issues, and headaches, according to researchers.

A concussion is the most common form of brain injury globally. Current assessments often involve CT scans, which detect abnormalities in fewer than 10 per cent of concussion patients.

However, 30-40 per cent of those discharged continue to experience severe symptoms such as fatigue, memory issues,

headaches, and mental health problems for years, said the team from the University of Cambridge in the UK. "Concussion is often seen as a hidden disease. Without objective evidence like a scan, patients' symptoms are frequently dismissed or ignored," said Dr. Virginia Newcombe, an Intensive Care Medicine and Emergency Physician at Addenbrooke's Hospital, Cambridge.

Dr. Newcombe and her team demonstrate that Diffusion tensor imaging (DTI) MRI, which measures the movement of water molecules in brain tissue to create detailed images of white matter tracts, can

significantly improve the prognosis for concussion patients with normal CT scans.

The study analysed data from over 1,000 patients, revealing that DTI scores improved predictive accuracy from 69 per cent to 82 per cent for poor outcomes.

The researchers also examined blood biomarkers, proteins released into the blood following a head injury. While biomarkers alone did not suffice, specific proteins like glial fibrillary acidic protein (GFAP) and neurofilament light (NFL) were useful in identifying patients who might benefit from a DTI scan. "Given the significant



impact of concussion symptoms on individuals' lives, the use of DTI for more accurate assessments is urgently needed," Dr. Newcombe emphasised. The team is now exploring ways to integrate DTI into clinical practice and investigating blood biomarkers to develop simpler, more practical predictors.

— IANS

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Newly introduced leopard safari not getting many eyeballs — Bannerghatta Biological Park reports fall of around 20,000 in number of safari visitors this year as compared to last

SPOT THE BIG CAT

Rain, general dip in tourism affecting park's footfalls too

Garima Prasher
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TWEETS @BangaloreMIRROR

The newly inaugurated leopard safari at Bannerghatta Biological Park (BBP) has failed to get eyeballs.

According to the official footfall data, the number of safari visitors in July this year has dropped by nearly 25% compared with last year. While a little over 92,000 visitors went on the BBP safari in July 2023, the number of visitors has decreased to nearly 70,000.

The number of total visitors (safari and zoo) at the park has also reduced. BBP received 1.9 lakh visitors in July 2023, and nearly 1.4 lakh people came in July 2024. Officials say the leopard safari is dampened by wet weather.

"We have been noticing this dip since April. And while this sharp drop in April and May was due to the searing heat, the leopard safari



We have been noticing this dip since April. And while this sharp drop in April and May was due to the searing heat, the leopard safari has been impacted due to rainy days

—AV Surya Sen, BBP

has been impacted due to rainy days," said AV Surya Sen, deputy conservator of forests and executive director of BBP.

The much-awaited leopard safari with 20 leopards for viewing was inaugurated on June 26. Following the guidelines of the

Central Zoo Authority, the safari is spread over an area of 20 hectares with a 6.5-metre-high chain-link net to ensure the safety of the visitors. It was earlier delayed owing to the sudden death of seven leopards at the park in September 2023 due to a contagious viral infection.

Damp tourism

Officials also underline that low footfall at BBP is in line with this decrease noted at other tourist places.

"Unlike last year, not much

CONTINUED ON PAGE 4 >>

CITY / PAGE 2

Stay disorder

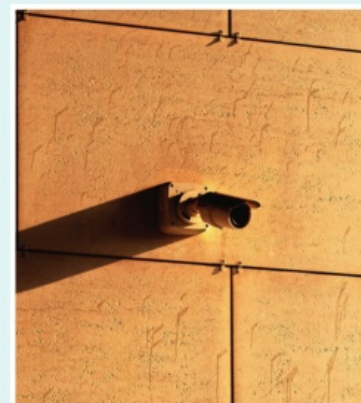
There are around 10,000 homestays in the State with many cropping up in the Ghats, but fewer than 4,000 are registered



CITY / PAGE 7

Strict rules

90-day CCTV retention, photo-id proofs, other stringent guidelines for PG accommodations in city



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3 THINGS TO DO



01 Musical tribute

Sanjog Charitable Trust is organising a musical tribute, "Guruvandana," in memory of Pandit Venkatesh Godkhindi, a great flautist and a senior vocalist who carried a wonderful legacy of Hindustani music in Karnataka. Tabla Maestro Pt Yogesh Samsi and his disciple Shri Yashvanth Vaishnav, along with Bansuri Maestro Pt Pravin Godkhindi and his son and disciple Shadaj Godkhindi, will be enthraling the audience with a unique jugalbandi concert during the event. **Where:** Chowdiah Memorial Hall, Vyalikaval **When:** August 10, 4 pm onwards



02 Growth of modern man

This time, the Urban Solace book lovers' club will review "The Ascent of Man" by Jacob Bronowski. The Ascent of Man is a 13-part British documentary television series, first broadcast in 1973. It was written and presented by Polish-British mathematician and historian of science Jacob Bronowski, who also authored a book adaptation. The series received acclaim for Bronowski's highly informed but eloquently simple analysis, his long, elegant monologues, and its extensive location shoots. **Where:** Urban Solace; **When:** August 11, 11.30 am to 1 pm

03 Festive-collection

Be it jewellery, paintings, metal figurines, clothes, etc, shop for all Varamahalakshmi festival essentials under one roof in this 10-day "Arts and Craft Mela." The



mela features over 50 stalls, each showcasing a diverse array of innovative products meticulously crafted by skilled artisans that carry deep cultural significance, adding a touch of tradition to the festival celebrations. Among the highlights is the exclusive unveiling of the Vara Mahalakshmi Mukuta, a vibrant collection of items designed to adorn the Goddess Lakshmi. **Where:** Karnataka Chitrakala Parishath; **When:** Until August 18



Feeling grand and beautiful

Women seen trying on jewellery at Asia Jewellery expo

PIC: KAUSHIK JN

Only 40% of homestays are registered in Karnataka

These unauthorised homestays are major threats to environment and wildlife, as many of them are situated over Ecologically Sensitive Areas

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TWEETS @sridharvMirror

Despite 10,000 homestays in the state, fewer than 4,000 are registered. Initially, the government allowed homestays as a supplementary income for rural households struggling with crop loss and price drops. The rules stipulated that only locals could run homestays and limited the number of rooms. Kodagu has 3,500 total homestays, with only 57.1% (2,000) being authorised. In Chikkamagaluru, only 20.1% (602) of the 3,000 registered homestays are authorised. Hassan shows 10.5% (210) authorised out of 2,000 registered homestays. Uttara Kannada has 77.7% (233) authorised homestays out of 300 registered. Additionally, other districts have 2,000 officially registered homestays, with 40% (800) operating illegally.

Sources said that homestays have proliferated in the Western Ghats without any restrictions. Some influential individuals have even set up resorts under the guise of homestays. "Many have encroached on forest land, harming water sources, forests, and wildlife. Despite repeated requests from authorised homestay owners, the government has not taken action. Many unauthorised homestays are involved in illegal activities, and cases have been filed. The



Govt allowed homestays as a supplementary income for rural households and coffee growers, struggling with crop loss and price drops, which has been misused by people in power as well

government's rules are being ignored, and homestays are being established in environmentally sensitive areas, causing environmental harm. It is no secret that some politicians and officials are running homestays under pseudonyms," said an official.

Even though only a few individuals should be permitted to operate homestays, there are cases where one person runs multiple establishments without any action taken by the district officials. Many homestays in Chikkamagaluru, Kodagu, and Shivamogga districts remain unregistered because

they are built on encroached land. The tourism development committee has been insisting that permission is required for homestays but fails to identify and shut down unauthorised operations.

According to guidelines, establishments with more than five rooms should be classified as resorts. However, even those with 15-20 rooms are not monitored for registration or GST compliance. Surprisingly, homestays that were initially meant for coffee plantations or farmers' lands have spread to urban areas. Some officials even

Many unauthorised homestays are involved in illegal activities, and cases have been filed. Government rules have been ignored

— Official

use these homestays for departmental meetings, get-togethers, and social events. The original intent of supporting coffee growers has been undermined," said an official.



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Is Cauvery water set to arrive by Aug 20?

Long-awaited water supply for 110 BBMP villages to begin soon, with project adding 775 million litres daily and targeting 1,00,000 new connections

Sridhar Vivan
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TWEETS @sridharvMirror

The long-awaited Cauvery water supply for 110 villages in the Bruhat Bengaluru Mahanagara Palike (BBMP) area is set to commence, with the Bangalore Water Supply and Sewerage Board (BWSSB) planning to deliver water by August 20. The 5th phase of the Cauvery water project has reached TK Halli, marking notable progress. Funded by the Japan International Cooperation Agency (JICA), the project aims to provide drinking water to 110 villages across five BBMP zones. Although originally scheduled for completion by March 2023, the project faced delays due to the COVID-19 pandemic, labour shortages, and election-related disruptions, extending the timeline to May 2024.

Currently, the BWSSB provides 1,450 million litres of water per day. With the project's completion, an additional 775 million litres will be added, bringing the total supply to 2,225 million litres daily. The project has already cost Rs. 4,661 crore, and the BWSSB anticipates an additional Rs. 25 crore monthly in electricity expenses. However, the increased number of connections is expected to boost revenue from water bills, easing the financial strain on the board. The goal is to connect 400,000 households in the 110 villages, with 55,000 connections already in place.

A senior official said, "The BWSSB plans to conduct campaigns and awareness rallies to facilitate this expansion. The BWSSB has been directed to provide 1,00,000 new connections, with Deputy Chief Minister DK Shivakumar emphasising



BWSSB currently provides 1,450 million litres daily; the project will add 775 million litres, totalling 2,225 million litres

ing the need for effective project implementation. He has set a goal for officials to deliver 20,000 connections per month across the 110 villages starting in September. These 110 villages, which span five BBMP zones, have been anticipating Cauvery water for nearly 17 years. Since 2007, additional villages have been incorporated into the project, with 33 added to Bommanahalli, 23 to Mahadevapura, 17 to Rajarajeshwari Nagar, 11 to Dasarahalli, and 26 to Byatarayanapura zones."

The project was designed to address the water needs of these villages and was approved in 2017 with an estimated cost of Rs. 5,550 crore. A loan of Rs. 4,661 crore was secured from the JICA. BWSSB chairman Dr Ram Prasath Manohar V said, "So

“The BWSSB has been directed to provide new connections, with Deputy CM emphasising need for effective project implementation—Official

far, all project-related work is complete and hydro testing is currently underway on the pipeline near T.K. Halli. The process of increasing connections will commence once the water supply begins, with a target set for 20,000 new connections per month." The charges for water connections are categorised based on the type of property and its size.

For non-domestic assets such as educational institutions, hospitals, and nursing homes, the fees are structured as follows: Rs 10,000 for properties up to 600 sq ft, Rs. 25,500 for those between 600 and 1200 sq ft, and Rs 30,000 for areas between 1200 and 2400 sq ft.

Commercial properties face a charge of Rs 40,000 for spaces ranging from 1200 to 2400 sq ft. For properties exceeding 2400 sq ft, the rate is Rs 16 per sq ft, Industries, offices, and call centres have different fee rates: Rs 15,000 for areas up to 600 sq ft, Rs 30,000 for those between 600 and 1200 sq ft, and Rs 50,000 for areas ranging from 1200 to 2400 sq ft. For buildings larger than 2400 sq ft, the charge is Rs 10 per sq ft.

Retirement politics

Responding to Karnataka Chief Minister Siddaramaiah's statement asking him to retire from public life as he is an accused in a POCSO Act case, veteran BJP leader BS Yediyurappa on Friday said the truth will come out when the court decides on the case, and the former will get a befitting reply. The former chief minister hit back at Siddaramaiah stating that the time for him to retire and go home is approaching, pointing at the Mysuru Urban Development Authority (MUDA) site allotment 'scam'.

"He (Siddaramaiah) has to say such things. The time for him to retire and go home is approaching, it is natural for him to say such things about others. Who will retire, who will not, we will get to know in the days ahead when case is decided by the court," Yediyurappa said. — PTI

Low footfall at Bannerghatta Biological Park

CONTINUED FROM PAGE 1

tourism activity is happening elsewhere too. The number of visitors and revenue at BBP peaked last year owing to revenge tourism. That trend has dissipated, leading to a drop in the number of visitors. However, we are expecting a better turnout during the upcoming holiday season including the Ganesh festival, Dasher, and Diwali," added Sen. The drop in the number of visitors has brought down the park's revenue by more than 20%. BBP generated Rs 5.13 crore in revenue in July 2023, which declined to a little over Rs 4 crore this year in July. Officials say measures are being taken to improve the revenue and funding.

"We are working towards improving CSR funding. We are approaching corporates to fund our various initiatives including new enclosures for animals and various infrastructure facilities for visitors. We are also looking at reviving BBP's adoption programme as it has slowed down over the last couple of years," informed Sen.

PUBLIC NOTICE

This is for notice of the general public that a political party is proposed to be registered by the name of "JANATHA CHALUVALI BHARATHA". The office of the party is located at "NO. 918, 1ST FLOOR, 9TH 'A' CROSS, 2ND MAIN ROAD, KAVARIPURA, KAMAKSHIPALLYA, BANGALORE-560079". This party has submitted an application to the Election Commission of India, New Delhi for its registration as a Political Party under Section 29A of the Representation of People Act, 1951. The names and addresses of the office bearers of the Party are as follows:

President: Mr. Obaleshappa B.T.
R/o. No.36, 1st Main Road, 6th Cross, Attur Layout, Bangalore, Karnataka-560064.

General Secretary: Mr. Altin Anthony Raj
R/o. No.1442, St. Joseph Colony, Begur Main Road, Canara Bank, Begur, Bangalore, Karnataka-560058.

Treasurer: Mr. Thejorama Shetty
R/o. No.918, 1st Floor, 9th 'A' Cross, 2nd Main Road, Kavaripura, Kamakshipallya, Bangalore-560079.

If anyone has any objection to the registration of "JANATHA CHALUVALI BHARATHA", they may send their objection with reasons thereof to the Secretary, Election Commission of India, Nirvachan Sadan, Ashoka Road, New Delhi-110001 within 30 days of the publication of this notice.

From pits to perfect: Jigani Road resurfaced

Y Maheswara Reddy
c-y.reddy@timesofindia.com

TWEETS @BangaloreMIRROR

Hundreds of motorists and employees in Jigani and nearby areas are expressing their gratitude to the elected representatives, Panchayat Raj Engineering Division, and Public Works Department engineers for asphaltting the 6.5-km Vabasandra-Kyalasanahalli-Jigani Link Road. This road, overseen by multiple departments, had long been a source of frustration for motorists who had been seeking improvements for years.

Residents of Neeladri Nagar sought solutions from elected representatives and engineers of various government departments for years, but their efforts were in vain. Finally, the road was asphalted recently thus provid-

ing much-needed relief to the motorists. They explained that although the government allocated Rs 9 crore for the asphaltting of the road in February 2024, the project faced delays due to the model code of conduct and other factors.

"I have been pursuing this matter for the last three years. Now I am feeling very good after seeing the road in good condition. I want to thank everyone who made this possible. I would request all citizens to raise a complaint whenever he/she comes across a civic problem," said Mani Ranjan, who works at Jigani Industrial Area.

Bangalore Mirror reported on July 7, 2023, on the issues commuters faced on this road. Then on October 17, 2023, the BM highlighted how temporary fixes for potholes and craters had deteriorated within two

months. Finally, the BM published a story titled "Asphalt in our stars: Road to get new life" on February 24, 2024, announcing that funds had been allocated to resurface the 6.5km Vabasandra-Kyalasanahalli-Jigani Link Road, providing relief to hundreds of commuters after more than five years of delays.

Expressing gratitude to the authorities for asphaltting the road, Arun Jha, a resident of Neeladri Nagar, said he is very pleased with the improved commute to his office. "Earlier, I used to take more than 20 minutes to reach my workplace. Now, I can reach within 10 minutes," said Arun Jha.

Praising the authorities for asphaltting the road, Sreelakshmi Menon, a resident of Neeladri Nagar, noted that her commute to work has become much easier. "The only has-



le is too many road humps which have become hurdles for motorists. The problem with the road humps is that all of them are constructed unscientifically," said Sreelakshmi Menon.

Ripple effect: 1 theft case busts entire ring

Devanahalli cops recover 11 stolen vehicles while in search of 2-wheeler theft, solve 8 theft cases

A single theft case led to the discovery of a broader theft ring, with the Devanahalli Police recovering 11 stolen vehicles valued at Rs 3.92 lakh. It all began with a complaint filed on April 15 by a resident of Bidalapura whose two-wheeler was stolen while he was at Akash Hospital attending to his father.

Through a diligent investigation, the police identified and arrested the suspect near the Manchenahalli bus stand on August 1. During questioning, the suspect confessed to the theft of the two-wheeler and revealed involvement in a larger theft operation across Bangalore City, Bangalore Rural, and Tumakuru districts.

The recovered vehicles include ten stolen from a vacant lot in front of the Kodimanchenahalli Bricks Factory and others from various locations such as Soladevanahalli, Yelahanka, Tyamgondlu, Pavagada, and the New Extension in Tumakuru. The investigation has successfully resolved eight theft cases, with enquiries still ongoing for the remaining three.

17 two-wheelers, 2 rickshaws recovered

Meanwhile, Yelahanka police have recovered 17 stolen two-wheelers and two autorickshaws valued at Rs 17.50 lakh. The recovery followed a two-wheeler theft complaint lodged by a resident of Attur on June 10. The police made a key arrest on August 4 near Shamrajpur Circle in Yelahanka Satellite Town, where they found a stolen two-wheeler in the suspect's possession.

During interrogation, the suspect admitted to stealing not only the reported vehicle but also 16 additional two-wheelers and two auto rickshaws, which were found stored in his garage in Veerasagara, Yelahanka New Town. This investigation has resolved several theft cases across various police stations, including Yelahanka Upanagar, Yelahanka, Bellandur, Kalasipalya, Vidyanarayapur, and Amrutahalli.

Burglar caught within 2 hours

The Banaswadi Police swiftly arrested a theft suspect within two hours of a complaint being filed. The incident, which occurred in New Lingarajpur, was discovered on the morning of August 2, but the theft took place during the night of August 1, 2024, when the resident accidentally left their door unlocked. The thief broke into the house and stole a gold mangalya saree, two gold rings, and a mobile phone.

Following the complaint, the police initiated an investigation



PIC FOR REPRESENTATION ONLY

and apprehended the suspect near Janaki Ram Layout within two hours of the case being registered. During interrogation, the suspect confessed to the crime, leading to the recovery of the stolen items, including 45 grammes of gold jewellery valued at Rs 2,70,000 and a mobile phone.

Flashy WhatsApp DP led to stolen jewellery

A domestic worker's foolish move led to her arrest after she was caught red-handed in Marathahalli. The housemaid, who had stolen 80g of gold worth Rs 5 lakhs, was apprehended when the complainant recognised the stolen jewellery in the housemaid's WhatsApp display picture.

The theft, which occurred between November 2023 and March 2024, remained unsolved for months. The complainant initially suspected four workers in their home.

With this new-found evidence, the HAL Police acted swiftly, arresting the maid from her residence in Munnekolala, Marathahalli, on July 30. During interrogation, she confessed to the crime and even revealed her involvement in another jewellery theft at the same apartment complex in February. The police recovered all 80g of stolen gold from her home.

Gold worth 20.74 lakhs recovered

A domestic worker and a woman who received stolen gold ornaments have been arrested by the Aduvodi Police, leading to the recovery of 333g of gold worth Rs 20,74,400. The incident came to light on July 22, when an IT professional from Lakkasandra returned from a trip to Dubai and found that gold ornaments secured in a locked room before his departure on April 12 were missing. Suspecting foul play, he filed a complaint with the Aduvodi Police.

The police swiftly acted on the complaint and arrested the domestic worker on July 24. During interrogation, he confessed to the theft and revealed that he had handed over the stolen gold to his second wife, who lived in Rajeshwari Nagar, Chennai. Further investigation led to the arrest of the second wife on July 25. Both suspects were produced before the court and

have been remanded to judicial custody.

In a separate case, the Whitefield Police have successfully recovered 50g of gold jewellery and 100g of silver items, valued at Rs 4 lakhs, following a burglary in Nallurahalli. The theft occurred on the night of July 30, when an unidentified intruder broke into an apartment and stole the valuables from a cupboard. Following the resident's complaint the next day, the police arrested the suspect

on August 4. During interrogation, the accused admitted to the crime and led the police to the stolen items at his residence.

Daylight burglary case

In a swift response to a daylight theft in HRBR Layout, the Banaswadi Police have arrested a suspect and recovered stolen gold jewellery worth Rs 8 lakh along with a laptop. The theft was reported on April

16 when the victim noticed the main door of his residence was tampered with upon his return.

The stolen items included a 30g gold chain, a 60g gold mangalya saree, and an HP laptop. On July 14, the suspect was apprehended at a relative's house in Siddhartha Nagar, Kavalu Bhairasandra, along with the two-wheeler used in the crime. During interrogation, the suspect confessed to the theft. **-Sanjana CS**

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LUNCH-TIME

A mother elephant and her cub feeding at the Biligiri Rangaswamy Temple Tiger Reserve

The picture was clicked by BM reader **NJ Ravi Chander**



If you have a picture and a story to share, send us the picture with your name and number at mybangaloremirror@timesofindia.com

Vande Bharat from Bengaluru to Dharwad laudable success

Train consistently maintains occupancy rate of 85%, soaring to 120% during peak seasons

Bengaluru-Dharwad-Bengaluru Vande Bharat Express has garnered popularity among passengers, particularly from Hubballi-Dharwad. Passenger numbers from these twin cities have steadily increased over the past year, constituting 85% of current bookings, with holiday occupancy rates peaking at 110%. Praised by both business travelers and commuters, the train has established itself as a preferred choice for its comfortable and secure journey, noted Dr Manjunath Kanamadi, Chief Public Relations Officer (CPRO) of South Western Railway.

Addressing misinforma-

tion circulating on social media, railway records refute claims suggesting a majority of passengers are from Davangere. Data indicates that bookings from Hubballi and Dharwad significantly outweigh those from Davangere across different classes of the Vande Bharat Express. Specifically, in the executive class, only 15.01% of seats were booked from Davangere, while 84.97% were booked from Hubballi and Dharwad combined. Similar trends are observed in other classes and routes, reaffirming that the majority of passengers originate from Hubballi and Dharwad.

The Vande Bharat Express (20661) operates from Bengaluru to Dharwad, departing at 5.45 AM and arriving at 12.10 PM, except on Tuesdays. The return journey (20662) departs from Dharwad at 1.15 PM, reaching Bengaluru at 7.45 PM, with stops at Yeshwantpur, Davangere, and Hub-

balli. "The train consistently maintains an average occupancy rate of over 85%, soaring to 115-120% during peak periods. South Western Railway continues its efforts to enhance passenger amenities, responding to the high demand and positive reception of the Vande Bharat Express," said an official.

Vande Bharat Express: A success story

On February 15, 2019, Prime Minister Narendra Modi launched off the inaugural Vande Bharat Express between New Delhi and Varanasi at the New Delhi railway station. At an average speed of 95 km/h, the train traveled 759 km in 8 hours, cutting the current travel time on the route by 15%. The second route, which runs between New Delhi and Katra, began operating in October 2019.

Vande Bharat trains will eventually replace the current Shatabdis since they offer quick service over short distances, much like the Shatabdi Express. ICF is working on a long-distance version of the trainset with sleeper cars as of 2023. By 2047, the nation wants to have 4,500 Vande Bharat trains. There are 51 Vande Bharat trains in operation as of August 5, 2024, comprising 34 eight-car trips and 17 sixteen-car services.



DID YOU KNOW?

The early Earth was struck by numerous enormous meteor strikes that left massive devastation in their wake. The Moon's craters are still mostly intact and visible, whereas the majority of the craters left by ancient impacts on Earth have been removed by erosion and other natural processes. As of right now, Earth has roughly 190 impact craters.

It is estimated that a massive asteroid impact 65 million years ago caused the extinction of roughly 75% of all terrestrial and marine species on Earth at the time, including the dinosaurs. On the Yucatan Peninsula, it produced the 300-kilometre-wide Chicxulub Crater.



The Barringer Meteorite Crater (also known as the Meteor Crater) in Arizona is one of the best-preserved impact craters. It was created by the impact of a chunk of iron-nickel metal that was about 164 feet in diameter. It is roughly 1 kilometre broad. It is barely 50,000 years old, and impact mechanisms have been studied thanks to exceptional preservation.

GET HEARD WITH MIRROR
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAP THE CHATTER

where Bengalureans speak their mind

What initiatives are being taken in Bengaluru for environmental conservation and sustainability?



Priyanka, BM Reader

I think there are environmental research stations that protect acres of forests so I'm aware that in those areas, flora is taken care of in Bengaluru.



Suhani, BM Reader

There are steps taken towards the providence of more and better public transportation to help reduce traffic resulting in less air and noise pollution, which I appreciate gravely, since promoting public transport is the need of the hour.



Snigdha, BM Reader

Bengaluru is growing in a fairly ecological conscious way and this is seen in its lake and lake habitat restoration, tree planting, waste management initiatives and other activities conducted by various organisations.



Surbhi, BM Reader

I know that there is an initiative called Namma Ooru which aims to encourage citizens to be responsible towards managing their waste.



Srishti Sharma, BM Reader

I am not aware of the initiatives taken with regards to environmental sustainability in the city, but poor traffic management and improper segregation of waste were among the few environmental issues that I observed while residing in the city. Although there are various parks and student drives that contribute to sustainability

SPEAK TO US

How has the cafe culture in Bengaluru contributed to the city's social scene, and are there any iconic cafes that are a must-visit for tourists?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at WhatsApp us on **9591233247** or mybangaloremirror@timesofindia.com

No more sneaky business: New rules for PGs

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

Now, every paying guest (PG) accommodation in the city must retain CCTV data for a minimum of 90 days, following new guidelines issued by the Bruhat Bengaluru Mahanagara Palike (BBMP). According to the BBMP 2020 Act, these guidelines are mandatory for issuing new trade licences and renewing existing ones for PG accommodations within BBMP jurisdictions.

These guidelines aim to significantly enhance safety and security in PG accommodations across Bengaluru. The guidelines require that all entries, exits, and corridors in PG facilities be under CCTV surveillance, with software and hardware capable of storing footage for 90 days from each camera.

Sources said that these guidelines also mandate PG owners to verify the identity of each occupant, keep a record of their ID proof and photo,



collect contact information of occupants' relatives and friends, maintain a record of all visitors, implement fire safety measures, ensure the availability of at least one security guard with verified credentials on duty 24/7, and prohibit the consumption or storage of illegal substances.

The initiative follows the tragic murder of a young woman at a PG in Koramangala last month. All new and existing PG accommodations must obtain a trade licence from the BBMP, said a senior BBMP official. "...These rules, formulated in consultation with

the police department, have been submitted to the government for approval and will be issued soon. Proper safety measures must be in place, and emergency service numbers, including local police, emergency response, medical services, and cybercrime, must be prominently displayed. PG owners must provide complete information about their staff, security personnel, and other relevant individuals to the local police. If foreign nationals are staying in PGs, their information must be compulsorily provided to the local police station."

Additionally, health officers, medical officers of health, and senior health inspectors are instructed to monitor compliance with these guidelines every six months in their jurisdictional areas. Zonal Commissioners are responsible for ensuring adherence to the guidelines, and any violations will result in necessary action under sections 307 and 308 of the BBMP 2020 Act. "Local police will be required to visit PG accommodations in their jurisdiction once a month to inspect the facilities as per the new rules. If PGs fail to implement the mandated safety and precautionary measures and an untoward incident occurs, the owners or managers of the PG will be held directly responsible," the official added.

Pooja Kumar, who stays in a city PG accommodation, said that the new regulations are not just administrative formalities but vital safeguards that address real concerns. "As someone who has managed a PG for several years, I can personally attest to the challenges and responsibilities involved in providing a secure living

environment. The tragic incident that occurred in Koramangala serves as a stark reminder of the need for stringent measures to protect residents. Collecting ID proofs and contact details of occupants and their relatives ensures that there is a clear record of who is staying at the PG and who to contact in case of emergencies. Similarly, maintaining a record of visitors helps prevent unauthorised access and potential threats, ensuring the safety of all residents."

Anita Kashyap, another lady staying in PG, added, "Surveillance provides an additional layer of security and acts as a deterrent against any potential misconduct. Fire safety measures are equally essential, as they prepare PGs to handle emergencies effectively, protecting residents from potential hazards. Overall, these guidelines create a safer and more secure environment for everyone involved. By adhering to these regulations, PG owners and managers can contribute to a safer community and provide a more secure living experience for their residents."

No error found: HC dismisses appeal for doc's 'neurosurgical review'

The Karnataka High Court recently dismissed an appeal filed by an estranged wife who challenged a single bench order that refused to direct the appointment of an expert committee of neurosurgeons to examine her doctor husband, who is alleged to be suffering from a porencephalic cyst (neurological disorder). The division bench of Chief Justice NV Anjaria and Justice KV Aravind, dismissed the appeal, stating, "The petitioner did not file any complaints for 26 years against her husband's practice. She brought the petition when divorce proceedings are still pending; the prayers made are outrightly misconceived."

The couple had a strained relationship after the husband was diagnosed with a porencephalic cyst in June 2004. They subsequently moved to the family court, seeking a divorce, whose proceedings are still pending. During this time, the petitioner filed a complaint against her husband before the Karnataka Medical Council (KMC), which was rejected on May 21, 2022. The appellant's counsel raised concerns about the proceedings conducted by the KMC, stating, "None of the persons on the expert committee (KMC) are qualified to look into this matter as this is specialised and only a neurosurgeon can look into this."

However, the court noted that the complaint at KMC was filed under Section 151 of the Civil Procedure Code and Section 479 of the Criminal Procedure Code 1973, which the court found "strange and beyond comprehension." It also observed that the single judge had rightly concluded that no complaints had been received from any of the husband's patients in the past two decades. Consequently, it held that the judge had not committed any error and dismissed the plea.

Govt jobs recruitment should be conducted periodically: HC

The HC division bench of Justice Krishna S Dixit and Justice Vijay Kumarapatil expressed concern over the practice of allowing vacancies to accumulate indefinitely due to reasons such as death, disablement, retirement, or



removal of employees, which not only affects the efficiency of public administration but also deprives many qualified and eligible job aspirants of opportunities. The court stated, "...In the realm of public employment, the recruitment process has to be undertaken periodically with a fair degree of regularity. It becomes more imperative when the evil of unemployment is plaguing our system. An argument to the contrary, if countenanced, would render a large chunk of eligible youths aspiring for public employment, age-barred. Their curse would fall on all branches of the system. That is not a happy thing to happen in a welfare state."

The observations were made while dismissing an appeal filed by the Life Insurance Corporation (LIC) challenging a single judge bench order dated February 14, 2024, which directed the LIC to appoint Saurabh against a permanent vacancy that arose between January 2020 and 2022. The court rejected LIC's contention that no court shall direct appointment, stating that it is not a thumb rule and in appropriate cases, a direction for appointment can be given. It also dismissed LIC's argument that the petitioner is not within the zone of consideration for appointment as he is on the empanelment list and in the EWS category. It noted that the validity period of the selection list is two years, and some of the notified vacancies still exist, so candidates remaining on the selection list need to be considered for appointment. "An Article 12 entity cannot be readily heard to say that the vacancies in the permanent posts do not exist or that it would not make appointments from the select list." **-BMB**



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Nelamangala: Affordable plots meet prime amenities

With competitive prices, essential infrastructure, and growth potential, it's top choice for home buyers and investors

If you're looking for affordable plots, Nelamangala is the perfect spot. Situated strategically, Nelamangala offers a tranquil residential environment coupled with proximity to urban conveniences, making it an attractive destination for property seekers. "As Bengaluru expands, areas like Nelamangala present viable options for affordable housing with promising returns. The availability of well-developed plots at competitive prices is drawing significant interest from homebuyers looking to invest wisely. Nelamangala boasts a range of amenities essential

for contemporary living. The area provides essential infrastructure such as schools, hospitals, and shopping centres, making it an ideal choice for families seeking convenience", said Suresh Gowda, a real estate developer.

"The affordability factor in Nelamangala is a key driver for young professionals and first-time homebuyers. Compared to central Bengaluru, one can acquire larger plots without compromising amenities or connectivity. With its strategic location along the National Highway 75, Nelamangala offers seamless connectivity



Nelamangala has landscape parks & recreational facilities

to Bengaluru's central business districts and other major hubs. The development of infrastructure, including wide

ened roads and improved public transport links, enhances the appeal. These factors contribute to the

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area's potential for sustainable growth", said Mukund Reddy, a real estate developer.

Investors are also eyeing Nelamangala for its promising future prospects. "The affordability and growth potential of Nelamangala

make it a hotspot for real estate investments. As Bengaluru's boundaries expand, areas like Nelamangala are poised to see substantial appreciation in property values," said Nanda Gopal, a property developer.
-Prakash VL

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Kanakapura Road emerges as hotspot for modern residences

Infrastructure upgrades & metro expansion are attracting buyers

Kanakapura Road, formerly a tranquil area, is swiftly transforming into a popular hotspot for residential properties. This transformation is driven by a combination of strategic developments, infrastructural advancements, and the overall growth of Bangalore's real estate market.

Sreekanth Gowda, a property developer said, "The Kanakapura road's appeal has been further enhanced by the ongoing infrastructural improvements, including the expansion of roads, better connectivity, and the establishment of essential amenities. These upgrades have not only improved accessibility but have also contributed to a more attractive living environment for potential homeowners. One of the key factors driving this trend is



Kanakapura Road's appeal has grown with infrastructure upgrades, expanded roads & better connectivity

the development of the Bangalore Metro Rail network. The extension of the metro line to Kanakapura Road has dramatically improved connectivity to other parts of the city, making it a more accessible and convenient location for residents. This enhancement in transportation links has made Kanakapura Road an appealing choice for those seeking a balance between urban convenience and suburban tranquillity. Additionally, the area has witnessed a rise in the construction of modern residential complexes,

including high-rise apartments, gated communities, and luxury villas. These developments cater to a diverse range of buyers, from young professionals and families to retirees looking for a peaceful yet connected living environment. The availability of various property types and price points has broadened the appeal of Kanakapura Road to a wide audience.

Overall Kanakapura Road is transforming into a vibrant hub for residential properties, thanks to its strategic location, improved infra-

structure, and growing community amenities. The area's appeal is expected to continue to rise, offering both investors and residents a promising future in one of the most dynamic residential neighbourhoods."

Meanwhile, Abhishek Raj, Founder and CEO of Jenika Ventures said, "Bangalore is witnessing remarkable growth in its real estate market. Housing prices in Bangalore have seen a significant increase of 19% year-on-year in the January-March quarter of

2024. This growth can be attributed to a confluence of factors including a booming IT industry, infrastructural development, favourable government policies, and a growing urban population. Bengaluru's real estate market is growing due to its status as a major centre for information technology, biotechnology, and aerospace. The city's robust infrastructure, with numerous IT parks and corporate offices, attracts leading global companies like Infosys, Wipro, Google, and Microsoft. These industry giants drive a rising demand for both commercial and residential properties, pushing continuous growth in the real estate sector."

He stated that Bengaluru's population is expected to hit 20 million by 2030. "This rapid population growth is a major driver of the real estate market. The city's employment opportunities, educational institutions, and cosmopolitan lifestyle attract people from India and beyond. This burgeoning population necessitates the development of new residential areas, including high-rise apartments and gated communities, to accommodate the increasing number of residents", Raj added.

-Prakash VL

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Mr. SYED HABEEB S.A.
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CHANGE OF NAME

I, KALYAANI CHAKRAPANI PERANGUR C/O CHAKRAPANI PERANGUR R/O VILLA NO 445 LANE 10 PHASE-2, ADARSH PALM RETREAT VILLAS, BELLANDUR, BENGALURU, KARNATAKA-560103 STATE THAT I HAVE CHANGED MY NAME FROM KALYANI CHAKRAPANI PERANGUR TO KALYAANI CHAKRAPANI PERANGUR FOR ALL FUTURE PURPOSES.

I, KALYANA CHAKRAVARTHI DHULIPALLA residing at #17, 1st 'B' Main 5th Cross, BTM 2nd Stage Bangalore -560076, have changed my name to KALYAN CHAKRAVARTHI DHULIPALLA, vide affidavit dated 22/07/2024, sworn before notary Venkataraju H G, Bangalore.

I, Avinash Nayak S/o Madhukar Nayak aged about 33 years R/At No.9, 1st A Cross, Abbaiah Reddy Layout, C V Raman Nagar, B'luur-560093 have changed my name to Avinash Madhukar Nayak vide affidavit dtd:09/08/2024 sworn before notary Uday Kumar K.

I, Anuradha Vidyarthi W/o Nikhil Jeet R/o DC Capitol Apt, Block A2, Flat.319, No.1/3A, Varthur hobli, Panathur mn Rd, Panathur, B'luur-560103 have changed my name to Anuradha Ajiit Aumar Vidyarthi Affidavit Dt.08/08/2024 notary Harisha G, B'luur

I, Amjad Aslam S/o Aslam R/o No.59,4th cross,Sarabande - palya, Bsk 2nd stage, Bengaluru 560070 have changed my name to AMJAD affidavit Dt.09/08/2024 notary Harisha G, B'luur

I, Arun Paul Pushparaj R/o No.502, Arun illam, 2nd cross, Kammanahalli, St.Thomas town post, Bengaluru 560084 have changed my name to Arun Paul Affidavit Dt.09/08/2024 notary Harisha G, B'luur

I, Osman Harun Hussain Hussain S/o Hussain Khasim Mohammed r/o #318 BM Road Andersonpet KGF-563113 have changed my name to Osman Harun Hussain for all purposes

I, Tahir Shah, residing at Tower-B-1103, Godrej Nurture, Shikaripalya Main Road, Electronics City, PO, Bengaluru, Karnataka-560100, have changed my name to Tahir Shah Mohammed Ismail.

I Chandrakantha S/O, Appaji K K R/o Peroor Village Ballamavati Post Madikeri Tq Kodagu Dist Karnataka 571214 have changed my name to Chandrakanth.

I, Anil Bhardwaj, Residing at No. 237, 5th Cross, 2nd Stage, Kumaraswamy Layout, Bangalore - 560078, Have changed my name to S. Anil Kumar, vide affidavit dated 09/8/2024 sworn before Notary Aravind Patil G.G Bangalore

I YUVARAJ H K R/o Belaku, Beside CKM Coffee Curing Works Bypass Road, Kalyanaganga, Jyothinagar Post, Chikkamagaluru-577102, have changed my minor son's name from DAESHEK H Y GOWDA to DAESHK GOWDA H Y for all purposes.

I, RAMA RAMANUJAPURAM ANANDAPILLAI, Residing at No. 895, 9th Cross, Opp. Punjab National Bank, Mahalakshmi-puram, Bengaluru -560086, have changed my name to RAMA NARASIMHACHAR, vide affidavit dated: 08.08.2024 before notary V. RAJASHEKHARA, Bengaluru.

I Sadananda Govinda Shenoi Shenoi S/o Govinda Shenoi K R/a at Flat 302, Brigade Gateway, No 26/1, Rajkumar Road, Malleshwaram West, Bangalore-560055 I Have Changed My Name to Sadananda Govinda Shenoi Vide Affidavit Dated on 08/08/2024 Sworn Before Notary V Anjanappa Bangalore

I, PRASANNA, Residing at no.186, 2nd Cross, Muthuraya Nagar, Bagegowda Layout Bangalore - 560056, have changed my name to PRASANNA N, vide affidavit dated 22/07/2024, sworn before notary Venkataraju H G, Bangalore.

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Die is cast



Following the success of the beloved character of Guddu Pandit, Ali Fazal is set to join the cast of Rakht Brahmam as the lead opposite Samantha Prabhu. The ensemble cast also includes Aditya Roy Kapoor, and Wamiqa Gabbi in key roles. The period drama/fantasy series "Rakht Brahmam" is helmed by the visionary duo Raj &

and DK, while the series will be directed by Rahi Anil Barve of Tumbbad fame.

This will be the next major project for Ali following the anticipation of release of Anurag Basu's Metro In Dino, Lahore 1947 produced by Aamir Khan, Thug Life being directed by Mani Ratnam. A source revealed, "The project is a marvellous vision of Raj & DK, it's definitely a step forward in its genre of fantasy drama. The cast has finally all been locked and the shoot is set to start next week. Ali will be shooting for the series through August while also completing small schedules of his other projects. The vision of the show was enough to get Ali excited to be part of the series. It's a really interesting part, something he has never done before both from character perspective and also genre wise".

The 6 part limited series is set to commence shooting in Mumbai, starting next week.

—ETimes

Just get over it, folks

Sunny Leone says it is high time everyone forgets about labelling her



Sunny Leone has indeed come a long way in Bollywood. She started her career with the 2012 film 'Jism 2' and has since worked in various successful films, including 'Ragini MMS 2', 'Ek Paheli Leela', and 'Mastizaade'.

During her conversation with Galatta India, Sunny Leone reacted to the 'adult film star tag' which was associated with her once. The actress expressed that while it was understandable to be labelled with certain tags when she first arrived in India, it has become bothersome that such discussions are still prevalent after 13 years.

Sunny emphasized that it is time to move on and focus on the progress and work she has achieved. She finds it odd that publications continue to use her past for traction, considering the growth and contributions she has made in her career.

Recently, the actress had also spoken about the ongoing judgment she faces despite her successful career spanning over 12 years. "I am human, so of course, people judging in a negative way does affect me. But I think the ever big wall and people in front of me protect me and keep my emotional state always happy. I am in a really good place emotionally with my family and career, and all the people around me. I feel really lucky right now," On the work front, Sunny will be next seen in Anurag Kashyap's neo-noir-thriller Kennedy. The movie premiered at the Cannes International Film Festival 2023 Sunny had told The Indian Express.

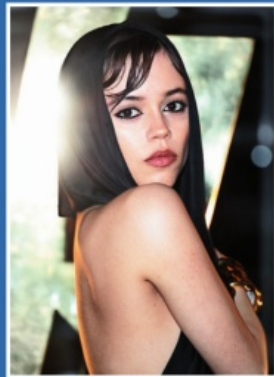
—ETimes

That's correct

Actress Jenna Ortega has talked about the intersection of Hollywood and politics and how the need for actors to be politically correct often contributes to their loss of integrity.

It was in 2023, when Ortega stepped away from the "Scream" franchise, a day after her co-star Melissa Barrera was fired due to social media posts about Israel and Palestine. However, the "Wednesday" actress cited scheduling conflicts as the reason for her departure.

"The business that we



work in is so touchy-feely. Everybody wants to be politically correct, but I feel like, in doing that, we lose a lot of our humanity and integrity, because it lacks honesty," Ortega told Vanity Fair about

Hollywood.

"I wish that we had a better sense of conversation," she continued, reports variety.com. "Imagine if everyone could say what they felt and not be judged for it and, if anything, it sparked some sort of debate, not an argument. Am I describing world peace?" she then asked herself on a lighter note.

Barrera was fired from "Scream 7" due to her posts supporting Palestine amid the ongoing conflict with Israel.

—IANS

At Napoleon's tomb



Actress-model Malaika Arora, who is currently on a vacation to Paris, has shared a peek into her holiday, giving glimpses of her visit to Napoleon's tomb at Les Invalides.

Malaika took to Instagram Stories where she shared a series of pictures from her Paris getaway. One snap shows the portrait of Jesus Christ from inside the Dome Des Invalides, Tombeau De Napoleon. Napoleon's tomb contains his remains following their repatriation to France from Saint Helena in 1840, at the initiative of King Louis Philippe I and his minister Adolphe Thiers.

She also shared a picture of a sword from the museum. Malaika enjoyed her lunch at Gigi restaurant in Paris. She also attended the Paris Olympics and cheered for Neeraj Chopra, who won the silver in javelin throw on Thursday night.

On the work front, Malaika has been the judge on reality shows like 'Nach Baliye', 'Zara Nachke Dikha', 'Perfect Bride', 'Jhalak Dikhhla Jaa', 'India's Got Talent', 'India's Next Top Model', 'MTV Supermodel of the Year', and 'India's Best Dancer'. —IANS

Drugs, violence & more violence

Vijaya Kumar aka Duniya Vijay has proved his mettle as a director of action movies for the second time after helming Salaga three years ago. In his latest movie, he aptly showcases the ill-effects of drugs on youths and also narrates how police and politicians collude with drug mafia. However, too many action scenes that glorify gory violence become a main hurdle for the audiences, especially the front-benchers and mass audiences who come to the theater to get a vicarious thrill out of watching their favorite star Vijay on the screen. Some of the dialogues are vulgar, punchy, and convey more than one meaning. The scenes of a rehabilitation centre are not convincing.

The movie begins with Ramanna aka Java Ramanna (Achyuth Kumar), who owns an auto garage on JC Road in the city, losing his son to drugs. He provides shelter for two orphans - Allu and Bheema. He comes to know that Manja aka Black Dragon Manja (Dragon Manju), who works at his auto garage, has supplied drugs to his son. He wants to teach a lesson to Manja but he gets killed by the latter. Bheema (Vijaya Kumar) decides to save the youth in the locality from drugs. You have to watch the movie to know whether or not Bheema succeeds in his mission. The



BHEEMA
2.5 RATING ★★★★★
• DIRECTOR Vijaya Kumar
• ACTORS Vijaya Kumar, Ahswini, Rangayana Raghu, Achyuth Kumar, Dragon Manju, Cockroach Sudhi
• CERTIFICATION A
• Duration 148 minutes

climax introduces a scene where Salaga (Vijaya Kumar) being released from the prison, thus indicating the possibility of a sequel to this movie.

As far as the performances of the actors are concerned, Vijaya is at his best in action scenes that have the potential to provide a visual treat for front-benchers. Priya

Shatamarshan, as a police inspector, walks away with all honours for her sterling performance. Ashwini, as a social worker, is convincing. Achyuth Kumar, Indira Ramesh, Cockroach Sudhi, Raghu Shivamogga have provided good support. Dragon Manju, who plays the villain, is convincing and can be a good asset for Sandalwood if he hones his acting skills.

It is worth a watch, but not for families.

—Y Maheswara Reddy

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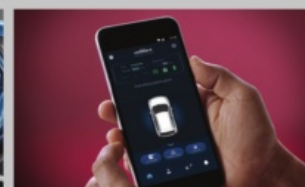
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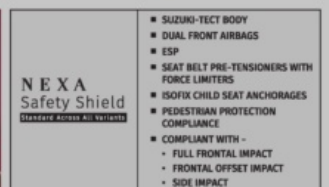
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